3: Read E-5 (1935-1939) 1960
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been warned ahead to pound maize and make yeast of sprouting finger millet. They then embarked on a three-day cooking programme in large pots over a log fire in the compound. 'Sweet' beer with a low alcoholic content was drawn off after the first cooking, and the rest was left to simmer and ferment until it was of the correct thickness, flavour, and alcoholic strength.

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Ngoni women's crafts

Formerly when the Ngoni used leather for clothing, their women took over the skins after they had been dressed, rubbed in fat and oil to make them soft, and darkened them with charcoal made of maize stalks. They then cut and sewed the circular skirts which had a number of gores. The use of cloth, bought first from the Arabs and later from European and Indian traders, entirely replaced the former leather clothing, but senior Ngoni women still had a strong preference for a heavy dark blue cloth which they thought resembled the former leather.

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Two special skills were maintained by high-born Ngoni families and they carefully trained their girls in them. One was the use of beads, threaded and sewn together to form standardized geometrical patterns, many of which had particular significance as denoting a leaf, an eye, a horn of a cow. These beads of different sizes in strong colours of red, yellow, green, blue, as well as black and white, were made into headbands, wristlets, belts, collars, and the bead 'waistcoats' worn by the men in their war-dances. Each Ngoni bride expected to take to her new home at least one food basket which she had elaborately embroidered with beads in these standard designs.

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The other skill to which we have referred more than once was that of beauty treatment. Ngoni women despised and disliked the local custom of facial markings and body markings. They treated their skin with clarified fat or butter, and combed their hair with long thorns or bone combs. After

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